



East Adelaide School Canteen

Winter Menu 2019



IN ORDER TO PROVIDE THIS HEALTHY SERVICE TO OUR STUDENTS, THE CANTEEN NEEDS VOLUNTEERS DAILY.
IF YOU ARE AVAILABLE FOR ALL OR ANY OF THE FOLLOWING TIMES, PLEASE LET US KNOW.

8.45 - 10.00 Sorting orders/checking money. 10.00 - 11.30 Preparing recess/counter serving. 11.30 - 1.30 Lunch preparation/tray collection/serving

Sandwiches -white, wholemeal, GF +\$1		Hot Dogs (with Butter)		Half	Full
Vegemite or Cheese	\$2.50	Hot Dog (plain)	\$2.00	\$3.60	
Ham or Egg	\$2.80	Hot dog (sauce or mustard or BBQ sauce)	\$2.20	\$3.90	
Chicken	\$3.00	Cheese Dog (add extra .30c for sauce)	\$2.50	\$4.50	
Salad VG	\$4.00	Vegetarian Dog (add extra 30c for sauce) VG	n/a	\$4.00	
Extras..... Cheese, tomato, cucumber, beetroot	each \$0.70	From The Freezer - (only lunchtime till 1.15pm)			
lettuce, carrots, gherkins & pickled onion.	each \$0.70	Icy Twists (lemonade)		\$1.50	
Tomato sauce, mayonnaise & sweet mustard	each \$0.30	Quelch Tubes - 99% juice		\$1.00	
Salad: tomato, cucumber, lettuce, carrot, pickled onion gherkin	\$2.10	Mony Cola/Raspberry/Watermelon/Grape		\$1.00	
Toasted Sandwiches -white, wholemeal, GF +\$1		D/D *	Zings - Normal / Sour		\$1.00
Cheese V	\$2.70	\$3.50	Everest Icecream Cup		\$1.50
Cheese & Tomato V	\$3.30	\$4.30	Slushies - Chocolate / Strawberry (Milk)		\$2.20
Ham & Cheese	\$3.70	\$4.50	Slushies - Orange / ABC / Grape (Juice)		\$1.40
Ham, Cheese & Tomato	\$4.40	\$5.70	Frozen Fruit (Counter purchase only)		\$0.50
* Double Deckers (filling between 3 slices of bread)			And The Little Extras		
Vegan Cheese available for \$1.00 Extra			Sam's Popcorn GF		\$1.50
Lapinja Melts			JJs (Chicken / Salt & Vinegar)		\$1.60
Turkey, cranberry sauce & melted cheese.	\$6.00		Rice Sticks GF or Cornitos BBQ / Cheese GF		\$1.00
Ham, pineapple & melted cheese	\$6.00		Mamme Noodles - (BBQ / Chicken)		\$1.10
Chicken, semi-sundried tomato & cheese	\$6.00		Red Rock Chips (Sea Salt GF / Honey Soy Chicken)		\$1.60
Healthy Salads V GF VG			Pirhana Snaps GF (Salsa / Oregano & Thyme)		\$1.60
Lettuce,tomato,cucumber,red onion, olive,beetroot,capsicum & carrot. With choice of Italian / French Dressing / Balsamic Glaze	\$4.60		Anzac Biscuits		\$0.80
Extra Chicken \$1.60, Ham GF \$1.10, Egg \$1.00, Chickpeas 70c			Sunfruit Raspberry twists		\$0.50
Hot Foods		Sauce 30c	Honey Crackles		\$0.80
Meat Pie or Pasty (Balfours Better Bite Range)	\$5.80		Fruit Nuggets GF		\$0.70
Sausage Roll (Balfours Better Bite Range)	\$3.90		Banana Bread		\$1.50
Pizza - Ham & Pineapple, Supreme, Vegetarian.	\$3.20		Apples / Bananas		\$1.00
Pasta Twist- Bolognaise	\$6.10		Carrot Sticks		\$0.50
Macaroni Cheese bake V	\$6.10		Drinks		
Sweet Chilli Tenders, Wedges & Salad	\$7.10		Oak Milk 300ml (Strawberry / Chocolate / Vanilla Malt)		\$3.00
Fish Strips, Wedges & Salad	\$7.10		Glee 250ml Blackcurrent/Raspberry/Tropical		\$2.80
Vegetarian Rice V GF VG	\$4.50		Just Juice 250ml (Orange / Tropical / Apple / Apple & Blackcurrant)		\$2.00
Butter Chicken & Rice GF	\$6.20		Spring Water 600ml		\$2.00
Apple Crumble V	\$3.50		Krazy Krush (Cannot be ordered. Counter service only)		\$2.00
RECESS ONLY					
Selection of hot/cold recess items available from	\$1.00				

SPECIALS (Tues, Wed & Thurs only)

Yumbo - Warm Ham & Cheese Roll	\$4.50
Mediterranean Roll - Warm Brioche Roll with Chicken, Sundried Tomato, Baby Spinach and Danish Fetta	\$4.50
Munchie Box - Hommus,Carrot,Cucumber,Capsicum,Sugar Snap Peas,Cherry Tomato,Cheese,Tortilla Strips,dried apple,apricot, banana chips	\$5.00

V = Vegetarian GF = Gluten Free VG = Vegan

Best Choice Foods (Right Bite Strategy)

Select Carefully Foods (Right Bite Strategy)



To Order Online: Cut off is 9.00am on the day of the order

- 1/. Go to QKR mobile app
- 2/. Select East Adelaide School
- 3/. Go to CANTEEN MENU
- 4/. Select Student
- 5/. Select School Day
- 6/. Select Items
- 7/. Finalise and Checkout
- 8/. Confirm and Pay

To Order Using The Lunch Order Bag:

- 1/. Write student's name & room number on the lunch order bag
- 2/. Select items, and write these on the bag
- 3/. Enclose correct money if possible
- 4/. Place the bag into the classroom tray at the start of the day
- 5/. To request more bags, order them on your bag